Healthy Velvety Green Bean Casserole

Printable grocery list - Serves 6

FOR THE GREEN BEANS & CREAMY SAUCE

- [ ] 2 pounds fresh string beans
- [ ] 2 large onions
- [ ] 1 large can sliced mushrooms
- [ ] 1 cup skim milk
- [ ] 1/2 cup fat free half & half
- [ ] 8 ounces fat free plain Greek yogurt
- [ ] 3 tablespoons all purpose flour
- [ ] 1 tablespoon light whipped butter
- [ ] 1 teaspoon garlic powder
- [ ] 1 tablespoon dried parsley
- [ ] Salt & pepper
- [ ] Vegetable cooking spray

FOR THE TOPPING

- [ ] 1/2 cup whole wheat panko crumbs
- [ ] 8 tablespoons finely shredded Parmesan cheese
- [ ] 2 teaspoons light whipped butter